

# Valentine Meal

## Pomegranate Duck

### Ingredients:

- 1 pound boneless duck breast, skin removed
- 1/2 teaspoon kosher salt
- 2 teaspoons extra-virgin olive oil
- 1 small shallot, finely chopped
- 1 cup pomegranate juice
- 1/4 cup reduced-sodium chicken broth
- 1 teaspoon cornstarch
- 2 teaspoons chopped fresh parsley, for garnish (optional)



### Preparation:

1. Preheat oven to 450°F.
2. Sprinkle duck with salt. Heat oil in a medium skillet over medium-high heat. Add the duck and cook until browned on both sides, 3 to 4 minutes per side. Transfer the duck to a small baking dish and roast until a thermometer inserted into the thickest part registers 150°F, 8 to 12 minutes for medium, depending on the size of the breast. Transfer to a cutting board; let rest 5 minutes.
3. While the duck is roasting, return the pan to medium-high heat. Add shallot and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Add pomegranate juice and bring to a boil. Reduce heat to a simmer; cook until reduced by half, 1 to 2 minutes. Stir broth and cornstarch in a small bowl until the cornstarch dissolves. Add to the pan. Bring to a boil, stirring constantly. Reduce heat to a simmer and cook, stirring, until the sauce is thickened, 1 to 2 minutes. When the duck has finished resting, pour any accumulated juices into the sauce and stir to combine.
4. Thinly slice the duck; serve topped with the pomegranate sauce. Garnish with parsley, if desired.

**Nutrition per serving:** 272 calories; 10 g fat ( 2 g sat , 5 g mono ); 88 mg cholesterol; 22 g carbohydrates; 0 g added sugars; 23 g protein; 0 g fiber; 368 mg sodium; 552 mg potassium.

**Nutrition Bonus:** Iron (30% daily value), Potassium (16% dv), Vitamin C (15% dv).

[http://www.eatingwell.com/recipes/pomegranate\\_duck.html](http://www.eatingwell.com/recipes/pomegranate_duck.html)

## Couscous with Currants, Almonds, and Parsley

### Ingredients:

- 2 cups instant couscous
- 1/4 cup currants
- 1/4 cup sliced almonds, toasted
- 1/4 chopped flat-leaf parsley
- Salt and freshly ground black pepper



### Directions:

Check couscous package instructions to see how much boiling water you will need. Place couscous and currants in a large bowl. Pour boiling water over top, cover, and let stand for 5 minutes. Remove cover, add toasted almonds and parsley, and fluff with a fork until combined. Season with salt and pepper, to taste. Serve hot or at room temperature.

<http://www.foodnetwork.com/recipes/bobby-flay/couscous-with-currants-almonds-and-parsley-recipe/index.html>

*See next page for dessert recipe.*

# Valentine Dessert

## Chocolate Bliss Marble Cake Recipe

### 16 Servings

Prep: 40 min. Bake: 30 min. + cooling

### Ingredients

- 5 egg whites
- 1/4 cup baking cocoa
- 1/4 cup hot water
- 1 cup sugar, divided
- 1 cup fat-free milk
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 3/4 teaspoon almond extract
- 2-1/2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1-1/2 cups reduced-fat whipped topping
- 4 ounces semisweet chocolate
- 1-1/2 cups fresh raspberries



### Directions

1. Let egg whites stand at room temperature for 30 minutes. Dissolve cocoa in water; let stand until cool.
2. In a large bowl, beat 3/4 cup sugar, milk, oil and extracts until well blended. Combine the flour, baking powder and salt; gradually beat into sugar mixture until blended.
3. In another bowl with clean beaters, beat egg whites on medium speed until soft peaks form. Beat in remaining sugar, 1 tablespoon at a time, on high until stiff peaks form. Gradually fold into batter. Remove 2 cups batter; stir in reserved cocoa mixture.
4. Coat a 10-in. fluted tube pan with cooking spray. Alternately spoon the plain and chocolate batters into pan. Cut through batter
5. with a knife to swirl.
6. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
7. For topping, in a microwave, melt whipped topping and chocolate; stir until smooth.
8. Place cake on a serving plate. Drizzle with topping. Arrange raspberries in center of cake.

**Yield:** 16 servings.

**Nutrition Facts per serving (1 slice):** 215 calories, 6 g fat (2 g saturated fat), trace cholesterol, 172 mg sodium, 37 g carbohydrate, 2 g fiber, 4 g protein

<http://www.tasteofhome.com/recipes/Chocolate-Bliss-Marble-Cake>

*See next page for Vegetarian & Lacto-ovo Vegetarian Valentine recipe links.*

# **Valentine Recipe Links**

## **for Vegetarians, Lacto-ovo Vegetarians and all other Heart Lovers!**

### **Recipes for a Romantic Valentine's Dinner**

[Sautéed Broccoli Rabe](#)

[Potato Parsnip Mash](#)

[Wild Stuffed Peppers](#)

[Sautéed Watercress and Radicchio with Balsamic Vinegar](#)

[Greek Yogurt Cheesecake with Ouzo-Poached Figs](#)

[Potato-Artichoke Soup](#)

[Roasted Beet Crostini](#)

[Dark Chocolate Meringue Drops](#)

[Pink Grapefruit-Tarragon Sorbet](#)

[Chocolate Raspberry Tofu Pie](#)

[Apricot-Almond Clafouti](#)

[Spicy Onion Jam](#)

[Vegan Tofu Chocolate Cake](#)

<http://www.kitchendaily.com/valentine-s-day-recipes/healthy/vegetarian/>

### **Eating Well Valentine's Day Recipes**

[Brown Rice & Goat Cheese Cakes](#)

[http://www.eatingwell.com/recipes\\_menus/menus/vegetarian\\_valentines\\_day\\_menu](http://www.eatingwell.com/recipes_menus/menus/vegetarian_valentines_day_menu)

[Vegetarian Dinner Salad Recipes](#)

[http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/vegetarian\\_dinner\\_salad\\_recipes](http://www.eatingwell.com/recipes_menus/recipe_slideshows/vegetarian_dinner_salad_recipes)

### **Vegan Valentine's Dinner**

[Warm Artichoke Spread](#)

[Eggplant Bisque](#)

[Penne with Red Pepper Sauce](#)

[Raspberry Heart Cookies](#)

<http://www.veganstreet.com/veganliving/recipes024.html>

*See next page for additional Valentine recipe links.*

## Additional Valentine Recipe Links

### Eating Well

[Lemon Meringue Tart for Two](#)

[Pacific Sole with Oranges & Pecans](#)

[Marmalade Chicken for Two](#)

[Chocolate Fondue](#)

[Chocolate Soufflé](#)

[Baby Tiramisù](#)

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_valentines\\_day\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_valentines_day_recipes)

### Taste of Home

[Strawberry Schaum Torte](#)

[True Love Chocolate Cake](#)

[Chocolate Crepes with Raspberry Sauce](#)

[Flourless Dark Chocolate Cake](#)

[Raspberry Swirl Frozen Dessert](#)

[Chocolate-Dipped Strawberry Cheesecake](#)

[Sour Cherry Sorbet](#)

[Strawberry Cheesecake Minis](#)

[Tiramisu Parfaits](#)

<http://www.tasteofhome.com/Healthy/Menus---Recipes/Seasonal/Healthy-Valentine-s-Day-Desserts>

### Emporiagazette

[Spinach & Grapefruit Salad](#)

[Orange Fish with Almonds](#)

[Pecan Crusted Catfish](#)

[Low Fat Chocolate Cherry Cookies](#)

<http://www.emporiagazette.com/news/2011/feb/09/healthy-valentine-recipes/>

### Parade

[Berry Mixed Green Salad With Grilled Chicken](#)

[Grilled Turkey Cutlets With Salsa](#)

[Gym Rat's Grilled London Broil](#)

[Buffalo Chicken-Blue Cheese Meat Loaf](#)

[Baked Ziti](#)

[Green Beans Marinara](#)

[Balsamic-Roasted Broccoli](#)

[Chocolate Not-Only-In-Your-Dreams Cake](#)

[Chocolate Chocolate Brownie Cups](#)

<http://www.parade.com/food/recipes/parade/healthy-valentines-day-recipes.html#salad>

### Medicinet

[Spinach Squares](#)

[Quick Vegetable Bean Salad](#)

[Roasted Pecan Salmon](#)

[Yogurt Parfait](#)

<http://www.medicinenet.com/script/main/art.asp?articlekey=56753&page=2>